



## CHIEF STROKES IN SWIMMING

Perhaps the most healthful recreation and one of the most pleasant is swimming. Swimming is a sport that is close to nature and one of the most easily acquired. As a means of recreation and for bodily development it is the exercise par excellence, there being no other form of exercise that tends to more develop the symmetry of the body and add more to health and pleasure when properly indulged in.

No one knows when he or she may be called upon for a practical test in their knowledge of the art of natation, and when such emergency arises the knowledge of swimming is a very off times lacking with a disastrous effect to the ignorant.

Besides swimming, water games are taking a more prominent place each year in the curriculum of sports.

**THE SIDE STROKE.**  
The fastest stroke in water today is the crawl stroke, and the easiest and most graceful is the side stroke.

The position of the body in the water when swimming the side stroke is the one position of all others that offers the least resistance to the water.

The entrance is made with the head and followed with one shoulder only. It is the most pleasant and elegant method of swimming and is almost universally adopted by island inhabitants. Before beginning the side stroke it would be better for beginners to gain confidence by thoroughly getting at home in the water.

Supposing the learner to be lying on his right side, his first movement is to place the left hand as far advanced as possible, the thumb being tightened over the forefinger to form a kind of scoop, to enable the swimmer in the next movement to get a good grip of the water, the right hand being held at the breast and the legs opened as wide as possible. This is movement No. 1. The next movement, No. 2, is to bring the left hand sharply past the breast, getting a good hold of the water in so doing, throwing it back to its full extent, the right arm being shot straight forward, palm downwards, taking great care not to allow any part to come out of the water, but to be just beneath the surface.

As the left arm is pulled back, the legs are brought sharply together, the swimmer taking care to use the flat part of his feet as propellers as much as possible. Neither legs nor arms should be seen out of the water, and with the finish of these movements, the arms and legs should be allowed to remain at perfect rest for an instant before again drawing up to former position. This pause allows the swimmer to gain full advantage of his stroke and enables him to take his breath comfortably.

The side stroke is the most difficult to learn, but when proficiency is achieved it is undoubtedly the most pleasant and graceful method of swimming.

**THE CRAWL STROKE.**  
The third and fourth illustrations show the crawl stroke, discovered by Richard Caville, holder of world's championship records for all distances from 100 yards to one mile. Richard Caville is instructor of the Olympic Club at San Francisco.

"The crawl stroke," said Professor Caville, "is the fastest stroke used by swimmers today, and the easiest to learn. To learn the crawl stroke the swimmer lays on his stomach, throws his head and hands well forward and in the water. With the hands he should execute the ordinary double overhand stroke, and the feet should be moved up and down as rapidly as possible and should not be separated more than six inches. Care should be taken to keep the feet as flat with the water as possible; the flat part of the feet in contact with the water gives the swimmer greater force. The body and legs should be kept as rigid as possible. To breathe the head should be turned out of the water to the side every four or five strokes and a deep breath taken. The swimmer should blow out while under water. Any swimmer who masters the crawl stroke can increase his speed 20 to 30 seconds on 100 yards.

"The first thing to do before attempting the crawl stroke is to learn to float on the stomach with the face under water, remaining that way 10 to 15 seconds. After this is mastered the beginner should learn the double overhand stroke without the use of the feet and after proficiency is attained in this the feet may be used."

**SPEAKS WELL OF CHAMBERLAIN'S COUGH REMEDY.**  
Mr. John Main, Manager for P. J. Petersen & Company, Bloomington, So. Africa, makes the following statement for the benefit of the public: "Chamberlain's Cough Remedy has a big sale here, and as we have been handling it for several years, we can confidently say that we sell more of it than we do of any other preparation of that kind." This medicine is especially recommended for coughs, colds, croup and whooping cough, and can be given to the little ones with absolute safety. For sale by Benson, Smith & Co., Ltd., agents for Hawaii.

## ARMSTRONG IS EASY WINNER

The White Rock Golf Cup tournament was played in wretched weather at Moanalua yesterday. The sudden state of the links accounts for the poor scores.

F. Armstrong won with a net score of 79.

J. A. Wilder, W. Woon and F. Halstead tied for second place with 85.

The scores were as follows:

	1st.	2nd.	H.	N.
F. Armstrong	43	39	3	79
F. Halstead	42	48	2	85
W. Woon	53	33	18	88
J. A. Wilder	51	35	18	88
A. E. Jordan	51	31	12	90
Robt. Anderson	44	51	4	91
H. B. Giffard	46	46	ser	91
G. Angus	43	49	ser	92
J. C. Evans	50	50	8	92
E. O. White	50	46	4	92
H. H. Walker	42	55	5	92
C. J. Hutcheson	49	49	3	95
T. Gill	53	54	12	95
E. Munro	52	38	15	95
A. White	51	48	4	95
W. C. Wilder	52	59	15	96
J. D. McInerney	54	58	5	97
C. B. High	51	51	3	99
R. W. Anderson	50	62	12	100
J. D. Gaines	57	62	15	104
R. A. Jordan	73	59	18	114

In the play off for second place the scores were:

	1st.	2nd.	H.	N.
F. Halstead	42	45	2	85
J. A. Walker	55	52	18	89
W. Woon	59	56	18	97

## CASUALTIES IN THE PRIZE RING

Some industrious soul has doled out the casualty list of the prize ring for the past year and discovers that more boxers have been killed in 1906 than there were in the two previous years.

Altogether thirteen fighters, amateurs and professionals, have died from the results of boxing, either in regular bouts or in friendly affairs where there was no prize or glory at stake, and in addition to these, three pugilists have been taken hence by every-day accidents.

Those who died from fighting were John Bergin, who was killed in San Francisco; Mike Bengo, at Connellsville, Pa.; Jimmy Crowe, at Everett, Wash.; Tommy Dover, at Colma, Cal.; Charles Greenburg, at La Salle, Ill.; Con Griffin, at Little Rock, Ark.; Mike Ward, at Grand Rapids, Mich.; Shenson Wyer, at Toronto; Harry McCarthy, at Sharon, Pa.; Jack McKenzie, at Portland, Me.; Richard Munson, at Buffalo; Harry Strachkamp, at White Plains, N. Y.; and Harry Tennebaum, at Colma.

Those killed by accident were Johnny Ritchie, who was shot by a premature explosion of his gun while hunting; Harry Jacobs, who was run down by an automobile in Chicago; and Eldridge Smith, who was drowned at Grand Rapids.

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## SPORT REVIEW FOR YEAR 1906

The year just passed saw many notable performances in the world of sport.

Martin Sheridan of the Irish-American Athletic Club holds the palm as the greatest all-round athlete of the year 1906. He established an all-round record of 6200 points, a mark that will probably stand for many years. Besides this, Sheridan broke the world's victory for the American team at the Olympic games in Athens.

In pugilistic circles there was really little accomplished in the year 1906. Abe Attell successfully defended his title, Honey Melody and Joe Thomas divided the welterweight honors and Joe Gans won a great fight from Battling Nelson at Goldfield. All of the other fights were what might be called second-class affairs.

Yale won the football laurels for the year, though old Eli was not able to score against Princeton. Of the Eastern universities, Yale teams carried off the greatest number of championships, though very hard pressed by Pennsylvania.

During the racing season of nearly eight months \$2,000,000 was split up among horsemen by the various racing associations in New York State. James R. Keene's horses head the winning list with \$158,000 to their credit.

Four great horses—Roseben, Salvadore, Burgomaster and Accountant—showed remarkable speed and won a large number of races, but none could compare in ability to Sysonby, peerless king of 1905, that died early this spring.

## How Joe Gans Defeated Herman

TONOPAH (Nev.), January 1.—It happened all of a sudden. Men who wrote of prize-fights, politely termed boxing contests in the land of sunshine and flowers, like to refer to a dream wallop as a "clean knockout." I have seen a few clean knockouts. I saw one today. In the eighth round of a fast fight in the Casino Club's big arena this afternoon Joe Gans slipped over an upswing to the point of Kid Herman's jaw and darkness came on. It was a one-punch knockout, and the events which preceded it were of a sort to bring the crowd to its separate feet with cheers.

During the seven rounds preceding the finish the fighting had been fast and furious. There wasn't a slow movement. There wasn't a time when the gallery had a chance to hoot.

The seventh round swung into place with Joe more aggressive than he had been in any of the previous periods. He rushed the Chicago lad around the ropes. The Kid, unafraid, fought back. Joe shot out a light straight left to the face. It did no harm. The Kid, confidence showing in his eyes and his smile, sailed in. He swung wild. The swing was wild for the very good reason that Joe is clever and was there for the purpose of missing swings. The swing left the Kid open. Joe was there for the purpose of seeing and taking advantage of openings. He certainly took advantage this time.

There was a seal-brown flash of Gans' right arm. The glove stopped with a thump on the point of Herman's chin. The Kid fell headlong. All of the champion's strength was in the punch. All of Herman's hopes, from a different viewpoint, were in his landing.

The poor Kid, blood streaming from his mouth, plowed his nose into the unsold canvas. He was against the ropes on the opposite side of the ring from his corner. Before the timekeeper had counted five seconds, Adam Ryan, the Kid's trainer, was around through the ringside crowd and had thrown himself on his stomach alongside the Kid.

"Don't give up, Kid," he said. "For God's sake, get together."

This happened on the side of the ring on which I happened to be sitting. I heard it and saw it. Kid Herman, however, neither heard nor saw it. He was clean out. Unconscious, insensible—he was both.

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## How to Use Your Fists

If a bully attacks you meet him eye to eye, step in close, and smash him. No sparring, no side-stepping, no fancy business. All those things belong to the ring, where they have a referee, timekeepers, seconds, and all that. If you are forced to use your fists, use them for all they are worth. Two skilful pugilists in the ring will feint and lead and counter and maneuver perhaps for a whole hour before either one can get a knock-out blow. In a street fight the chance for a knock-out comes right at the beginning.

Would you lead with your left, and follow with your right? No. Don't think of such a thing. The right hand is the best. Most of us, especially men who have not trained at pugilism, are twice as strong and quick with the right hand as with the left. So remember that if you find you must fight just step up close and shoot in your right like a cannon ball on the jaw.

There are many wrong ways of hitting. There is only one right way in this case. It doesn't take much of a mind to understand that a straight line is the shortest distance between two points. In punching a man you want to hit him as hard and as quick as possible. Therefore your fist ought to travel over a straight line to his jaw or nose or stomach.

This is a hard thing to remember. See two little fellows in a schoolyard. Their fists fly through the air in half-circles, in either swinging or chopping blows. That is an instinctive way to hit. We don't follow our instincts in the game of punching. In this, as in everything else, the man with the best brain will win.

The swinging blow is very hard. When it lands it gets there hot and heavy. But it is too slow. It is good to use on a man who is groggy—so exhausted that he can't get his arms up to defend himself. But the ruffian who comes at you in the street is not groggy. He is very much the opposite. Your object is to nail him quick and hard. Shoot your right fist at him like a bullet. Shoot it straight, and you'll knock the fight out of him.

The straight punch is delivered with all the force of your arm, with all the weight of your body thrown in behind it. Now, how can you put the weight of your body into a straight punch?

Step in with your left foot anywhere from one to two feet in advance of your right foot. The left foot should point straight at the enemy. The right foot should be pointed outward. The moment you drive out your flat incline your body forward and push off swiftly with your right foot, as if you were trying to shove the whole earth away from under you. Don't do this slowly and with a great muscular effort, as if you were going to break a record at weight-lifting. Remember that your fist is a bullet, not a sledge-hammer. You shoot it at a man. You don't hurt it.

There is a great knack in throwing the weight of the body behind a blow. The best way to practice it is with the punching-bag. Let the bag hang perfectly still, about as high as your head. Stand two or three feet away from it. Practice smashing it with your right, always throwing all your weight with the blow. You will be surprised to find how much harder your blows will become. The man who can hit straight and launch the full force of his body out behind his fist has a weapon in his hand that discomfited the pistol. Pistols miss fire. Fists don't.

One of the surest ways to hit straight is to keep your fist below the shoulder. By that I mean don't let your fist go up above the mark you aim at, and then come down to it. If you let it fly up, and come down your blow is a chop, and it's no good. Remember that. Practice it on your punching-bag. Say to yourself: "I won't let my fist go higher than my shoulder until it reaches the bag." If you follow this rule you will find yourself hitting straight.

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## HAWAII COUNTY GOES INTO DEBT

HILO, January 11.—Before letting go, the old Board of Supervisors passed a resolution recommending an amendment of the County Act, to increase the salary of the County Clerk to \$2000 a year and the salaries of supervisors to \$100 a month.

In the financial showdown it was found that a balance of about \$7000, after the Territory's final payment was received, would be wiped out by debts the county owed.

The balance was transferred by the new board to the road fund to meet deficiencies in the districts of South Hilo, North Hilo, Hamakua, North Kohala and South Kona amounting to \$6551.28. Yet South Hilo had a debit balance of \$2608.33 after receiving its share of the money. South Kohala, North Kona, Kau and Puna, at the closing of 1906 accounts, had road money to their credit aggregating \$2344.45.

A contract with the Honolulu Iron Works for road machinery, made by the old board, amounting to over \$12,000, was repudiated by the new board yesterday, when it was voted to refuse payment of the sum accrued under the contract on the ground that the law forbids a county from incurring obligations beyond its revenue.

The Company D election resulted in Captain Fetter being unanimously chosen for another term. J. D. Easton was made first lieutenant and O. K. Akau second lieutenant. The captain continues as treasurer, and Enoch Brown is secretary.

A German dinner was given last Saturday night at the Union grill, by twenty-six Hilo men who are of German birth or descent. The menu was strictly German. A number of toasts were responded to and songs were sung, and a start was made toward organizing a German society here.

**PREDATORY FOOTBALLERS.**

SEATTLE (Wash.), January 4.—About the only thing aboard the Hill liner Minnesota that the Chicago football team is not accused of having taken away with them is the big bow for money that was tied fast. Hilo officials declared today that when the Easterners were entertained aboard the big liner they carried off souvenirs that were found aboard loose, and from Moran Brothers came the story that they raided the shipbuilding works and even took hammers that built the battleship Nebraska.

Registrar Condon of the State University found that thirty-eight lockers had been broken into and racing shoes, boxing gloves, athletic suits and other valuables taken. Condon managed to get back half an express wagon load of loot, but no one else recovered anything.

The Chicago team also left a trail of depolished supply houses that has aroused a storm among those manufacturing and shipping houses that aided in the team's entertainment. Prior to the defeat of New Year's day, it develops today, the Chicagoans were local guests. Therefore the bitterness against a "jay town" developed.

**SHIPPING TAXES.**

SAN FRANCISCO, January 4.—The fact that ships from this port are away for more than a year in other waters does not prevent the collection of taxes on them, according to a decision of the Supreme Court yesterday in the case of the California Shipping Company against the city and county of San Francisco.

The shipping company had paid taxes under protest for the fiscal year ending June 30, 1903, upon seventeen vessels owned by it. It was alleged that the vessels had not been in California waters during the year for which taxes were claimed and therefore the collection of taxes on them could not be legal.

In the decision of the Supreme Court it was stated that there was no proof to the effect that the vessels had acquired a situs outside of San Francisco harbor or had been engaged in foreign or interstate commerce, and for that reason the taxes were due here.

The decision will be of value in determining similar questions in the future. The lower court had decided in favor of the shipping company.

**REBUILDING SAN FRANCISCO.**

Promotion Circular: There has been but slight interruption of building operations in San Francisco owing to rain, and hundreds of new dwellings are being completed, including flats, apartments, cottages and hotels. With the return of many San Franciscans who find house room, the schools are crowded, there being an enrollment of 35,398 pupils. Before the fire of last April there were 37,964 enrolled.

Estimates made from various computations place San Francisco's population at 400,000. From advices received from cities about the bay it is learned that fully 300,000 more are within an hour's ride of San Francisco.

The following summary shows San Francisco's condition in December: Building permits issued, 637. Value, \$5,373,140.

Permits for permanent buildings, 403. Value, \$2,234,424.

Permits for permanent buildings since the fire, 3089.

Building contracts recorded, 208. Value, \$2,234,424.

Real Estate transfers, 820. Value, \$3,500,000.

Postal receipts, \$143,450.

Custom receipts, \$1,012,609.79.

Bank clearings, \$196,216,734.63. December, 1905, \$161,317,530.53.

Per cent increase, 21.63.

Oakland bank clearings, \$15,155,254.48.

San Jose bank clearings, \$2,128,380.40.

**BETTER FRUIT COMING.**

The effective measures taken by the local inspectors to prevent the landing of infected fruits from the Mainland have made the shippers there particularly careful as to the quality of the fruits sent here. So much so that the late shipments have been more and more free of blight and insect pests, the last heavy shipment received yesterday by the S. S. Alameda having been found in exceptionally good shape, not one package having had to be condemned.

## SEND FOR MY MARKET LETTER

You probably know that Goldfield, Nevada, is the greatest mining camp the world has ever known. One mine, the Mohawk, produced \$2,000,000 in 1906. I advised everybody to buy it at \$1 a share. It has since sold up to \$20. Fortunes have been made in the Goldfield stocks. In the next few months we are going to see a greater boom than ever and more fortunes will be made. To know what is doing you will have to read my market letter. I get my information direct from my Goldfield office. One customer of mine made \$16,000 in three months. You can do as well if you